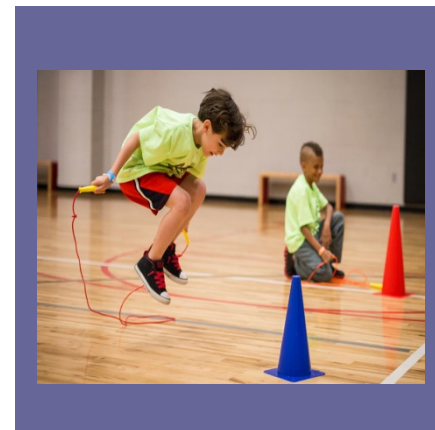




**YOUTH
STARS**

**JEUNES
ETILES**



YOUTH STARS presents:

Jouer en Santé

“Fun & Fit en Français”

French Immersion multi-sport program for grades 1-8 (French & English)



Mission Statement

- To further knowledge, comprehension and appreciation of the French language amongst English speaking Canadian students through active play and positive learning messages.

Goal

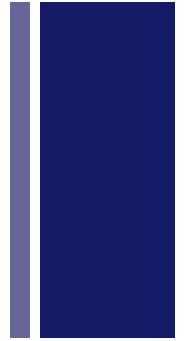
- To embrace our nation's cultural and linguistic diversity by celebrating Canada's two official languages.
- To develop healthier and more active Canadian students through grades 1 to 8.





A message from Us

- The **Youth Stars Foundation** is excited to share it's enriching physical education and life skills youth programs which encourages bilingualism in Canadian children through grades 1-8.





Multi-Sport French Immersion Program

Children who participate in the French Immersion Multi-Sports programs, will experience fun, fluent and healthy memories to last a lifetime!

TWO TYPES of programs offered:

(Please see Appendix for examples of schedules)

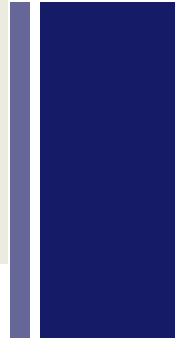
1. In School Immersion “Jouer en Santé” Program

Our team of experienced animators/coaches will come to your school and run **60 to 90 minute Multi-Sport activities** in French and/or English for a full school day during the school’s scheduled gym classes (rotational.)

2. P.A. “Jouer en Santé” Day Camp Program

Our team of experienced animators/coaches will come to your school or another location and run our Multi-Sports program in French and English for a **full day**. The program will run from **9am to 4pm** (with extended care options available.)

*** *Programs can be tailored to meet the specific needs of the school*



What do we offer?

Jouer en Santé Multi-Sport French Immersion Program

(Please see Appendix for examples of schedules)

**Programs can also be tailored to the specific needs of the school

All Options Include, but are **not limited to** the following:

- Stretching, warm up/cool down exercises and icebreakers
- Team-Building challenges
- Multi-Sports / Drills & Skills
- Organized Team Sports
- Obstacle courses
- Organized Leisure Activities
- Two “Stations” running at the same time
- Nutrition and healthy living habits education
- Hip Hop Cardio Training Circuit



SPORTS OPTIONS:

Multi-Sports **or** Soccer **or** Baseball **or** Basketball



+ Why Choose Jouer en Santé ?

Improve Physical Health and Wellness

Physical activity is an important part of healthy living at any age, and it's **essential for children**.

Physical activity helps children:

- Develop **cardiovascular fitness, strength, flexibility, and bone density**
- Maintain a **healthy body weight**
- **Reduce the risk** of chronic disease and health problems
- Lessen the likelihood of tobacco, alcohol, and drug use
- Feel better every day, through **improved mental health and well-being**

Promote the importance of being bilingual

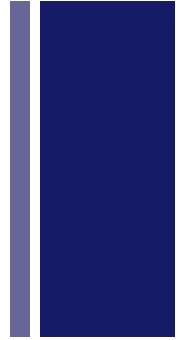
By aiding in the child's bilingual development, we are assisting in the long-term mental, physical, economical and social well-being of Canada's Future Generation.

- **Employments rates** are higher for those who speak English and French
- Bilingual employees **earn more** than both solely English or French speaking
- 84% of employers consider bilingualism to be **an asset**, and **gave preference** to bilingual applicants
- **Learning French improves English** in youth who's mother tongue is English
- Fosters excellent Students....Excellent Communicators and **boosts Empathy**
- Their exposure to another language and culture **makes them respectful of differences**, and allows them to communicate effectively with other people of diverse backgrounds.
- **Brain Growth and development**– and helps prevent age-related cognitive decline
- Improves **multi-tasking and attention** focusing





M E R C I
T H A N K
Y O U



Thank you for taking the time to read this presentation.
We are looking forward to further strengthen, inspire, and uplift youth conversations “en Français” - all while keeping healthy and staying active!

Sincerely,

Malik Shaheed & Shawn Singleton (a.k.a - Coach Single)



Contact

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Website: www.youthstars.org



+ Appendix (In School Visit)

Schedule Example 1

Multi-Sport Bilingual Program

60 minute

In-School Gym Session Program – EXAMPLE: Multi-Sport Focus

- 10 – 15 Min Welcome / Warm-Up /Stretch
- 15 – 30 Min Drills & Skills
- 30 – 40 Min Team Building/Circuit Training
- 40 – 60 Min Organized Sports Game

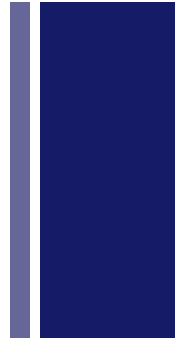
Multi-Sport Bilingual Program

60 minute

In-School Gym Session Program- EXAMPLE: Sport Focused (Baseball)

***** Can be modified to any sport**

- 10 – 15 Min Welcome / Warm-Up /Stretch
- 15 – 30 Min Throwing Drills / Home Plate Hero
- 30 – 40 Min Hitting
- 40 – 60 Min Baseball OR Home-Run Derby



+ Appendix (Multi-Sport PA Day)

Schedule Example 2 P.A. Day Camp Program - Multi-Sport / Leisure Focus

Time	Station 1	Station 2
7:30 – 8:30 Extended Care	Tailor made activities	Tailor made activities
8:30 – 9:00	Students Arrive	Students Arrive
9:00 – 9:30	Introductions Ice-Breakers/ games Warm-Up Stretching	Introductions Ice-Breakers/ games Warm-Up Stretching
9:30 – 10:15	Drills & Skills Multi-Sport Organized Sport Game	Drills & Skills Multi-Sport Organized Sport Game
10:15 – 10:30	Snack Time	Snack Time
10:30 – 11:15	Skills & Nutrition themed Obstacle Course Cardio Hip-Hop Circuit	Skills & Nutrition Themed Obstacle Course Cardio Hip-Hop Circuit
11:15 – 12:15	Lunch / Discuss Healthy Eating Habits	Lunch / Discuss Healthy Eating Habits
12:15 – 13:00	Various Active Recreational Games	Various Active Recreational Games
13:00 – 13:45	Drills & Skills Multi-Sport Organized Sport Game	Drills & Skills Multi-Sport Organized Sport Game
13:45 – 14:15	Cool Down & Team Building Activities	Cool Down & Team Building Activities
14:15 – 14:30	Snack Time	Snack Time
14:30 – 15:30	End of Day Organized Sport	End of Day Organized Sport
15:30 – 17:30 Extended Care	Tailor made activities	Tailor made activities

+ Appendix (Basketball PA Day)

Schedule Example 3

P.A. Day Camp Program - Basketball Focused

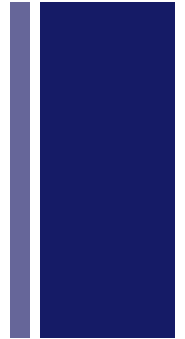
Time	Station 1	Station 2
7:30 – 8:30 Extended Care	Tailor made activities	Tailor made activities
8:30 – 9:00	Students Arrive	Students Arrive
9:00 – 9:30	Warm Up /Stretch / Team Relays	Warm Up /Stretch / Team Relays
9:30 – 10:15	Dribbling / Handling Drills, Skills & Games	Dribbling / Handling Drills, Skills & Games
10:15 – 10:30	Snack Time	Snack Time
10:30 – 11:15	Dribbling / Obstacle Course	Dribbling / Obstacle Course
11:15 – 12:15	Lunch / Discuss Healthy Eating Habits	Lunch / Discuss Healthy Eating Habits
12:15 – 13:00	Shooting / Hot Shot Game	Shooting / Hot Shot Game
13:00 – 13:45	Defense / Drills	Defense / Drills
13:45 – 14:15	Offense / Fast Break Drill	Offense / Fast Break Drill
14:15 – 14:30	Snack Time	Snack Time
14:30 – 15:30	Basketball Game	Basketball Game
15:30 – 17:30 Extended Care	Tailor made activities	Tailor made activities



Appendix (Baseball PA Day)

Schedule Example 4

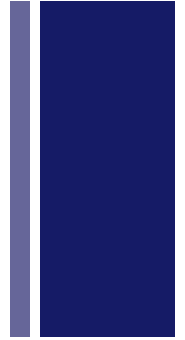
P.A. Day Camp Program - Baseball Focused



Time	Station 1	Station 2
7:30 – 8:30 Extended Care	Tailor made activities	Tailor made activities
8:30 – 9:00	Students Arrive	Students Arrive
9:00 – 9:30	Warm Up / 1 Km Jog	Warm Up / 1 Km Jog
9:30 – 10:15	Dry Erase Board (D.E.B.) Defense/ Golden Glove Game	Dry Erase Board (D.E.B.) Defense/ Golden Glove Game
10:15 – 10:30	Snack Time	Snack Time
10:30 – 11:15	Throwing Practice / Fast Pass Game	Throwing Practice / Fast Pass Game
11:15 – 12:15	Lunch / Discuss Healthy Eating Habits	Lunch / Discuss Healthy Eating Habits
12:15 – 13:00	Throwing Practice / Home Plate Hero Game	Throwing Practice / Home Plate Hero Game
13:00 – 13:45	Relay Races	Relay Races
13:45 – 14:15	Running Bases	Running Bases
14:15 – 14:30	Snack Time	Snack Time
14:30 – 15:30	Basketball Game (with plastic ball)	Basketball Game (with plastic ball)
15:30 – 17:30 Extended Care	Tailor made activities	Tailor made activities



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